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# Emotional Detox Kit

Your body stores toxic emotions along with physical toxins.

As your brain cannot differentiate between physical stress and emotional stress - including past emotional stress that you have not processed or released - these emotional toxins activate your "fight or flight" stress response.

**Unprocessed emotions are often running in the background keeping your sympathetic nervous system on high alert even when no physical danger is present.**

Essential oils are uniquely suited to help you process and release these emotional toxins through both inhalation and topical application channels.

**Inhalation:** Your sense of smell has direct access to the emotional center of your brain, known as your limbic system, where emotions can be processed and released (i.e. detoxified).

Smell is critical to survival. It alerts you to dangers (like predators and fire), helps track food and water, and even aids in locating certain plants for medicine. Research estimates your sense of smell to be ten thousand times more acute than your other senses.

Smell travels more quickly to the brain than your other four senses (sound, sight, taste, and touch) and has direct access to the emotional control center of the brain, known as the amygdala in your limbic system. Other senses travel to different regions of the brain first before reaching your limbic system. This makes the inhalation of essential oils one of the most powerful tools for detoxifying emotions.



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**Topical application:** Oils can penetrate deeply into your body through your skin, immediately impacting tissue close to the skin's surface, like your lymph and your fascia. As you may know, fascia lies just below the skin so topically applying essential oils onto the skin allows for easy and immediate access to the fascia. The skin is your largest organ and is relatively permeable to fat-soluble substances like essential oils.

**Emotions stored in the glands and organs can be accessed through the topical application of essential oils on acupuncture points. The limbic system can be accessed through smell and the inhalation of essential oils.**

"Essential oils hold vibrational frequencies that can shift patterns. Using them on the acupuncture alarm points sends the frequency directly to the specific organ and smelling the oil releases the pattern from the limbic system of the brain, thus providing direct access to the body's cellular memory," according to Releasing Emotional Patterns with Essential Oils.

Topical supplements play an important role in supporting lymph and fascia health and recovery from inflammation. For example, essential oils easily penetrate layers of restricted fascia and congested lymph, creating warmth to break up congestion, increasing circulation, encouraging [lymphatic drainage](#) and mobilizing adhered tissue. Essential oils may also soften the myofascial tissue, allowing the deep and constrained tissue to stretch and move as it is designed to function.

## Emotional Detox Kit

The key to mobilizing and releasing emotional toxins is signaling safety to the body. The Emotional Detox Kit is comprised of 5 powerful blends that, when used in combination can help you address the root cause of your stress response and reset your nervous system.

**Parasympathetic®:** Your vagus nerve – the bi-directional information highway between brain and body that helps regulate your autonomic nervous system – plays an important role in communicating changes in fascia to your brain. Stressful, traumatic, or life-threatening events may shift you into the [fight and flight or freeze response](#).

[Parasympathetic®](#) calms the nervous system and may help you harmonize connections between fascia and your vagus nerve which helps you be present in the moment. This sense of embodiment and safety can support emotional detoxification. Apply [Parasympathetic®](#) over the vagus nerve (behind the earlobe on the mastoid bone) to activate the vagus nerve.

**Lymph:** Your neck is the critical intersection where your brain connects with your body. Oxygen, nutrients, and stimuli are carried between the brain and the body through the nerves, lymph, fascia, and blood vessels that travel through your neck channel. For example, your vagus nerve and lymphatic system run alongside the veins in the neck and congested lymphatic vessels in the neck can impede the healthy function of the vagus nerve.

Supporting healthy lymphatic drainage – especially around the neck where 1/3 of all lymph nodes live – can help support the healthy tone of the vagus nerve. Unfortunately, the lymphatic system doesn't have a pump. But essential oils, like those contained in [Lymph™](#), can enhance lymphatic flow and drainage. Generously apply [Lymph™](#) over the clavicles, around the sides of the neck, and under the armpits to help alleviate congestion and provide space for healthy emotional detoxification.

**Heart™:** Part of releasing negative emotions involves transmuting the negative perspective to the positive. This is accomplished through your heart and raising the vibration of your body into the heart's emotions of joy, love, and compassion. When you increase your heart coherence, lower energies — like suppressed emotions — no longer resonate, allowing the body to more easily release these feelings. Stagnant anger, grief, sadness, judgment, and low self-worth cannot exist in combination with coherent heart rhythm patterns.



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# Emotional Detox Kit

When you are in a state of fear or anger, your heartbeat reflects that negative energy through a chaotic heart rhythm known as an “incoherent heart rhythm pattern.” Your heart then sends signals to your brain that influence the release of hormones that impact your mental and emotional experience. Incoherent heart rhythms inhibit higher cognitive functions such as attention, perception, memory, and problem-solving which help support emotional detoxification.

**Heart™** blend helps you activate heart coherence by energetically aligning your heart into coherence to help you focus on positive, peaceful, loving, and harmonious thoughts and emotions. To use, simply apply 2-3 drops over the front of the heart (left side of the chest).

**Fascia Release™:** Essential oils are a powerful tool to help “unwind” your fascia to move your mind and body out of a “frozen” traumatized state, gently releasing restrictions in such a way that your body does not have to protect itself. Essential oils can help to emotionally signal your body that you’re “safe” and physically remove restrictions, rehydrate the fascia, restore elasticity, and widen the space between the fibers to improve circulation and help blood and oxygen flow smoothly around the body again.

**Fascia Release™** also helps open up the space around your physical heart. Releasing fascia constriction in the back of the body – specifically between the shoulder blades at the back of the heart – helps to physically release fascial constrictions and adhesions around the heart that may help open the heart for the healthy flow of emotional energy.

The essential oils in **Fascia Release™** are uniquely formulated to simultaneously work on physical and psychological levels. They work quickly to break down inflamed, fibrous tissue, and remove toxins while unraveling deeply held tensions. They also remove constrictions and energetic blockages in your tissues to reduce pain, improve blood and lymphatic circulation and release fear, repressed emotions, and tension held in the body (organs, muscles, tendons, bones, and joints) or the mind.

**Limbic Reset™:** Inhaling essential oils is the fastest and most efficient way to reset the volume of threat perception and help calm the over-firing of your limbic system. This is because smell can access the limbic system of the brain to lower limbic system activation which then enables your body to enter the parasympathetic “rest, digest, and repair” state.

**Limbic Reset™** contains a proprietary blend of essential oils designed to calm threat arousal and send safety queues to help reset your limbic system and support healthy emotional regulation. **Limbic Reset™** was specifically formulated with essential oils such as Frankincense and Sandalwood that contain the chemical constituent Sesquiterpenes, which are thought to help to increase the oxygen in the limbic system which in turn “unlocks” the DNA and allow emotional baggage to be released from cellular memory. The citrus oils contained in **Limbic Reset™** help to lift your mood and clear your energy so that you do not take on or carry negative emotions or a pessimistic mindset for others. For example, Melissa is known as an antidepressant that possesses uplifting and emotional balancing compounds.

**Limbic Reset™** also contains Helichrysum oils which are touted for brain function and known to cross the blood-brain barrier and carry oxygen to the limbic system to help rewire neural circuits in your limbic system and calm an overactive stress response.



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# Parasympathetic™

—BRAIN BALANCE—



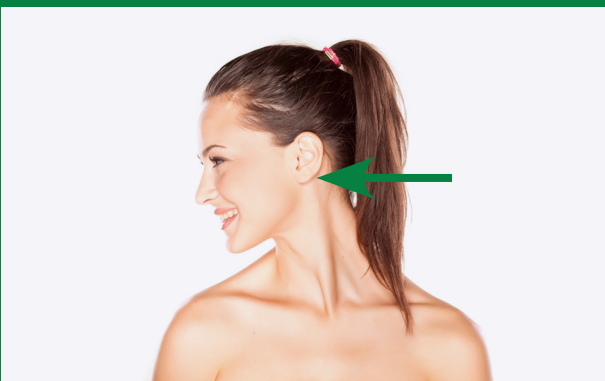
**BENEFITS:** Stimulates the parasympathetic “rest and digest” state of the nervous system in which turns on your body’s ability to heal.

**INDICATIONS:**

Your nervous system is the fuse box for your body. If it’s not turned on, your body doesn’t get the right signals to regain focus, boost energy, drop pounds, and reduce stress! The parasympathetic mode of the nervous system TURN ON healing by activating your nervous system to:

- Flip off the body’s stress response
- Slip into the body’s preferred state of relaxation and healing
- Enhance your body’s ability to purge harmful toxins
- Eliminate digestive issues
- Boost nutrient assimilation and absorption
- Sharpen memory and focus
- Clear up paralyzing brain fog
- Calm the fires of inflammation
- Melt away anxiety and depression

## Application:



**HOW TO USE:** Apply 1 drop to the vagal nerve (behind ear lobe, on mastoid bone on the neck). You can apply behind one or both ears depending on how stressed you feel.

**WHEN TO USE:** To trigger the optimal digestive cascade, apply before meals.

**INGREDIENTS:**

Vibrant Blue Oils Brain Balance Parasympathetic blend contains a proprietary contains a proprietary blend of Lime and Clove in a base of fractionated coconut oil.

**PRODUCT TIPS:**

- Supports health digestion, absorption, nutrient assimilation and elimination, including healthy bowel movements
- Controls pain and inflammation
- Calms anxiety, depression and brain fog



Proprietary Brain Balance Blends are formulated to support optimal function of the brain to ensure that key hormonal and nervous system signals are sent and received.

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Lymph™  
— BODY BALANCE —



**BENEFITS:** Uniquely formulated to increase circulation of fats and white blood cells within the lymphatic system for optimal delivery of nutrients to cells and removal of waste from the cells.

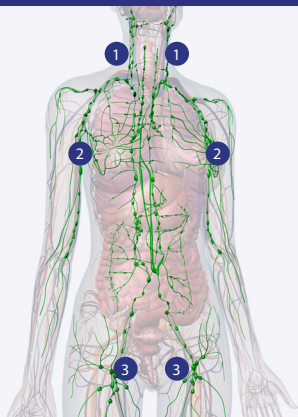
**INDICATIONS:**

The lymphatic system is the body's first line of defense against disease. It includes lymph nodes (with clusters found in the neck, chest, underarms, abdomen, and groin). Unlike the cardiovascular system, the lymphatic system does not have its own central pump — it only moves as the muscles squeeze it along. So the lack of movement makes the lymphatic system stagnant, with waste accumulating and excessive toxins building up.

If the lymphatic system is not working correctly, elimination, detoxification and immunity may be affected, resulting in symptoms such as:

- Soreness and/or stiffness in the morning
- Bloating or Fatigue
- Dry or Itchy skin
- Congestion, stuffy head, sinus or periodontal infection
- Holding on to water/ Rings get tight on fingers
- Breast swelling, soreness with each cycle or bladder infection
- Brain fog
- Cold hands and feet

## Application:



**HOW TO USE:** Apply 2- 3 drops each to sides of neck (1), lymph nodes under arms (2) and around inguinal ligament/bikini line (3).

**WHEN TO USE:** 2- 3 times daily.

**INGREDIENTS:**

Vibrant Blue Oils Body Balance Lymph blend contains a proprietary blend of Vitex Berry, Spearmint, Palmarosa and Ylang Ylang in a base of fractionated coconut oil.

**PRODUCT TIPS:**

- Apply to lymph nodes to help clear infection
- Helps support movement of lymph fluid
- Lymph blend is designed for liberal usage



Proprietary Body Balance Blends are formulated to balance key organs and systems of the body so the body can heal.

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# Heart™

— BODY BALANCE —



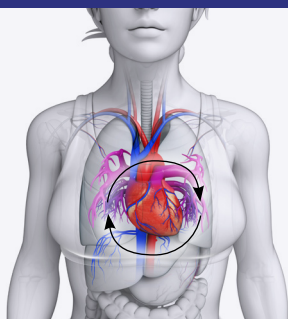
**BENEFITS:** Balances the heart to support, integrate and reset all the systems of the body, including mental clarity, physical health and emotional balance. Helps integrate and balance the heart to support feelings of open-heartedness.

**INDICATIONS:**

The heart integrates and balances the physical, emotional, and mental body, providing blood to every cell and every organ. It also serves as a complex information processing center, influencing brain function, the nervous system, hormonal system and most of the body's major organs.

When any part of the body isn't functioning at an optimal level, the heart has to work harder. For example, when the body is in a state of stress, it needs more oxygen which increases the heart rate. The heart is our body's reset button, but a state of constant stress can fatigue the heart and compromise our ability to reset, leading to inflammation, infections, toxicity and heart disease. By retuning the heart to balance, we support the cardiovascular and circulatory system, regenerate the structure of the heart and helping to reset the homeostatic mechanism for the entire body.

## Application:



**HOW TO USE:** Apply 2-3 drops over the heart (left side of chest).

**WHEN TO USE:** During times of intense stress and fatigue, use as often as is needed (every 20 -30 minutes). During times of normal stress, use 2-3 times daily to calm and uplift the heart and the body.

**INGREDIENTS:**

Vibrant Blue Oils Body Balance Heart blend contains a proprietary formulation of Neroli, Spruce, Chamomile, Blue Tansy and Jasmine in a base of fractionated coconut oil.

**PRODUCT TIPS:**

- Very uplifting, comforting, gives courage and peace
- May also assist in lowering blood pressure, reducing stress and alleviating hemorrhoids.



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# Fascia Release™

— BODY BALANCE —



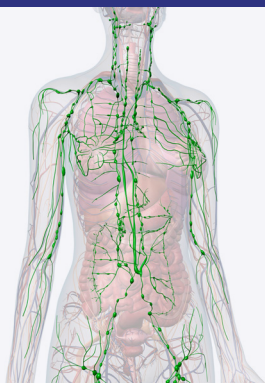
**BENEFITS:** Uniquely formulated to unravel deeply held tensions, constrictions and energetic blockages in your tissues to reduce pain, improve blood and lymphatic circulation and release fear, repressed emotions, and tension held in the body (organs, muscles, tendons, bones and joints) or the mind.

**INDICATIONS:**

Fascia is a system of connective tissue beneath the skin that attaches to, stabilizes, encloses, and separates muscles and other internal organs. Fascia also connects your skin to the tissue that is directly beneath it, helping to keep your body parts together and supporting proper movement and function in your body by reducing friction between structures.

Fascia is our biggest sensory organ. As such, supporting your fascia helps communicate to your nervous system that there is no longer any need for increased tension in that area, which starts to unravel and release tension and pain in other parts of the body along with the mind. From an emotional standpoint, the “issues are in the tissues” which means emotions that we have not released - especially stress and emotions from the past that we haven’t worked through - that emotional energy gets stuck in our joints, tissues, and organs—and stagnates within the body.

## Application:



**HOW TO USE:** Designed for aromatic and topical use. If using topically, we recommend liberally applying around the jaw/neck/face, the shoulders/heart, the diaphragm/lungs, the stomach/gut, low back /hips, the ankles, or anywhere that tension presents.

**WHEN TO USE:** To aid with pain, muscle tension or discomfort, ideally before bed or first thing in the morning. Apply 2-3 times daily.

**INGREDIENTS:**

Vibrant Blue Oils Body Balance Fascia Release™ blend contains a proprietary blend of organic and/or wild crafted essential oils of Angelica Root, Black Pepper, Cypress, Elemi, Frankincense, Lavender, Rose, Geranium, Vetiver, Litsea Cubeba, Rosemary and Ylang Ylang in a base of fractionated coconut oil.

**PRODUCT TIPS:**

- Helps to release emotional traumas and energetic blockages.
- Can be combined with massage of fascia tissue to help restructure the extracellular matrix and remove fascia adhesions and blockages.
- 5ml bottle includes 100 drops, lasts about 30 – 50 days if used 2-3 times daily.



Proprietary Body Balance Blends are formulated to balance key organs and systems of the body so the body can heal.

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# Limbic Reset™

—BRAIN BALANCE—



**BENEFITS:** Your sense of smell has direct access to your limbic system, making essential oils an ideal tool to calm threat arousal and send safety queues to help reset your limbic system and support healthy emotional regulation. Limbic Reset™ was specifically formulated with Helichrysum and sandalwood and Melissa oils which are touted for brain function and known to cross the blood brain barrier and assist in carrying oxygen to the limbic system.

**INDICATIONS:**

Your limbic system is a complex set of brain structures that helps you regulate emotional health and social processing, as well as learning, motivation, and memory. Your limbic system is wired to respond to sensory information (like the sense of smell) but can get “stuck” in a state of hypervigilance and over-reactivity where it categorizes non-threatening stimuli as threatening, triggering involuntary trauma patterns and contributing to distorted unconscious reactions, sensory perceptions and protective responses.

Over time, this state of hyper arousal can weaken the immune, endocrine and autonomic nervous systems and negatively impact your ability to rest, digest, detoxify and heal, stabilize our mood, and maintain motor and cognitive function. You need to feel safe to heal and a Limbic System sensitized to a negative stress response prevents you from feeling safe. Limbic Reset is designed to reset your limbic system and support healthy emotional regulation.

## Application:

**HOW TO USE:** Designed for aromatic and topical use.

If using topically, we recommend apply 1-2 drops on the forehead (above the eyes and on the temples), at the base of the skull at the back of the neck, on the bottom of the feet and especially on the amygdala reflex point on the big toe. Always test on a nickel sized portion of skin first. Make sure your skin can handle the oil/blend before using. Dilute to start or if redness occurs.

For Aromatic Usage, hold the bottle under nose for 3 or 4 breaths.

**WHEN TO USE:** Apply as needed when an emotional regulation is needed.

**INGREDIENTS:**

Vibrant Blue Oils Brain Balance Limbic Reset™ blend contains a proprietary formulation of organic and/or wild crafted essential oils of Ylang Ylang, Melissa, Sandalwood, Frankincense, Cedarwood, Lavender, and Helichrysum in a base of fractionated coconut oil.

**PRODUCT TIPS:**

- Promotes emotional balance
- Apply topically to temples to support safety queues and emotional regulation.
- Produces a calming, uplifting, soothing, relaxed emotional and mental state.

5ml bottle includes 100 drops, recommended application is 1-2 drops as needed. How long a bottle will last will vary.



Proprietary Brain Balance Blends are formulated to support optimal function of the brain to ensure that key hormonal and nervous system signals are sent and received.

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